



Teesside  
HOSPICE

Christmas 2023

[www.teessidehospice.org](http://www.teessidehospice.org)

# Supporter Update

It's not about how much you give,  
but how much love you put into  
giving this Christmas.



Love  
GIVING



## It's not about how much you give, but how much **love** you put into giving.

This festive season, we're celebrating the gift of love. From the love that our clinical teams give to patients and those who use our services, to the love you give as a supporter so families can create lasting memories this Christmas.

At Teesside Hospice, we see you as a person and not as a diagnosis or an illness. Our care from nurses, doctors, therapists, counsellors and social workers is as individual as you are.

We provide specialist knowledge, experience and compassion to the lives of thousands of Teessiders each year. But we couldn't do it without you.

**Please read the newsletter and find your way of giving love this Christmas.**

### **What's inside...**

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Fantastic Fundraisers

# An update from your hospice this Christmas

David Smith  
Chief Executive



Christmas is one of those periods in the year that give many of us pause for thought, the opportunity to reflect on the last year, spend time with loved ones and feel the absence of those no longer with us. As a hospice, this has been the first year since 2019 that hasn't been dominated by covid and although the acute phase is thankfully over, the long shadow of the pandemic has left a legacy that we will be confronting for many more years to come.

At the forefront of my thoughts is the seemingly permanent change in the demographic using our inpatient services with younger people now much greater in number than previously. In time we'll have official data, but there is little doubt in my mind that the delays in diagnosis and treatment during lockdown is a direct contributor to this change and it seems unlikely the challenges our partners in the NHS are facing will be resolved any time soon. As a hospice, we are doing all that we can to make our services welcoming, making it accessible for younger people, and thinking too about those with young families and what more we can do to support children and other loved ones experiencing the devastation of trauma, loss and bereavement.

This sits on top of what we know is increasing demand for palliative and end of life care. With its energy, community, history and iconic landscapes, it can be easy to overlook the long-term health problems many Teessiders face. As a hospice, we want to be there for everybody who can benefit from our care. But a peculiarity of NHS funding has always meant that specialist palliative and end of life care, what many would consider the very foundation of a caring society, has always relied heavily on charitable funding and donations for its support. In the face of rapidly increasing costs, this year finally saw MPs uniting and the government amending the law to change this anomaly. As your local hospice, we have been campaigning hard to make sure this brings much needed and lasting change to our area.

Progress has been painfully slow, but with clear law and statutory guidance. I am confident that in years to come, hospices like ours, that started the year with a large financial deficit, will be able to gradually expand the services they offer, and help more people and family affected by terminal illness.

The NHS will never cover all of the costs associated with hospice care, and for the next few years at least, we have to fundraise for around 70% of the costs of delivering the care many people assume is already paid for. Our remarkable community of fundraisers, donors and supporters have worked tirelessly again by running events, charity shops, challenges, corporate sponsorships and more. As always, I've been bowled over by how just much our community values its hospice, and the money raised has enabled us to care for many hundreds of people and families who need the specialist-level hospice care that isn't available elsewhere. To each and every one of you please accept my thanks and gratitude. I know how difficult times are right now for many people, and your support is something we truly value and never take for granted.

**On a personal note, this will be my last Christmas at Teesside Hospice. After five years in the role of Chief Executive, its time for me to move on to pastures new in the spring. Working at Teesside Hospice has been an enormous privilege, and given me the ability to see, every single day, families like my own who needed hospice care and got it because of the team here. In my book that's priceless, and something that will stay with me for the rest of my life.**

Happy Christmas

David



**“To anyone who donates or fundraises to help people like me, thank you!”**

## **Giving Love with Care this Christmas**

**“My name’s Sarah, I’m only from down the road, but I ended up coming to Teesside Hospice because I’ve got cancer. I suffered a lot with the pain, especially in my back and stomach. But, with the help of these guys, through pain management I’ve got control of my life back.”**

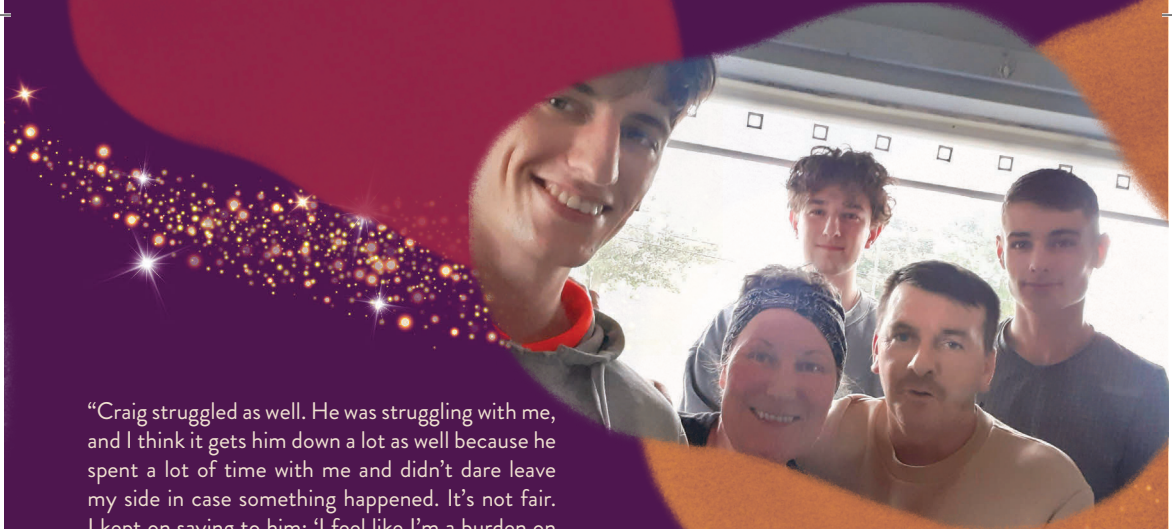
Whilst staying in our 10-bed inpatient unit, you have access to 24-hour specialist care in a comfortable and relaxed environment. A real home from home, where the needs of our patients come first. We will do everything we can to make their stay is just as they would like it to be. You’ll always have control of your care plan, and the reassurance of a nurse call system with nurses available 24 hours per day, and a doctor available on call.

“There’s just a stigma there, and I was one of them who believed in that stigma. I come through the door and after a few days, I just realised how much I was wrong about the words ‘Teesside Hospice’. If I could make all the people understand what it’s like, I would.

I’m actually smiling, and I’ve never had a smile on my face in a long time. I spent three days pacing around my room. I didn’t want to go outside the doors. I was in too much pain. I’m a very anxious person, so for me to try and go out them doors, and have other people see me in pain, it’s just not going to happen. It’s why I spent the last year in bed where I could just suffer in silence, and without having anyone look at me – including my kids.”

At Teesside Hospice, we want people to live life until the end of life. Everybody gets treated as an individual, whether it’s physical, mental or emotional support they need from us. So, they can stay as independent as possible, for as long as possible.

“Now I’m starting to feel like a new me. I can hardly believe it. I’ve gone out and I’ve been talking to everyone. I’ve just been so joyous to be back in the real world. It’s all thanks to Teesside Hospice because it’s something I couldn’t have done at home by myself.”



“Craig struggled as well. He was struggling with me, and I think it gets him down a lot as well because he spent a lot of time with me and didn’t dare leave my side in case something happened. It’s not fair. I kept on saying to him: ‘I feel like I’m a burden on you’, because he’s got a car, he could go anywhere he wants, but he was just sticking by my side. So hopefully now, Craig might feel like he can wander away from me and do something by himself.”

A terminal illness not only impacts the individual, but their families too. We’re here to offer support and guidance to families, during and after someone’s terminal illness.

“The support that they have given me has been round-the-clock. I woke up one morning and I started having a bad cough, they came running in straight away. I’d have struggled with that at home, and Craig would’ve started getting anxious. It was so good to have someone there on-hand.

It’s the little things that you take for granted that they’re there for, and it really makes a difference.

Sarah is 1 of 2,000 local people we support each year across all services. Without the support from you, we couldn’t give Sarah the much-needed care that she deserves.

“This place isn’t fully government funded so I do have to say a massive thank you to those who can help and can contribute to something like this. To anyone who donates or fundraises to help people like me come to a place like this – thank you. I wouldn’t be here, and I wouldn’t have gotten the help I needed if it wasn’t for Teesside Hospice.”

**If you’d like to leave a donation so we can help more people like Sarah, fill out your slip and send it back in the freepost envelope.**

**Alternatively, call 01642 811145 or visit [www.teessidehospice.org](http://www.teessidehospice.org).**





**The impact you  
make when you  
love giving this  
Christmas**



**188,776** transactions made in our 13 retail shops.



**533** people fundraised online and raised **£164,000**.



**5,213** individuals and organisations raised money last year.



We increased our accessibility by **8x more people** through our satellite wellbeing project.



Retail Volunteers help us keep our shops open by supporting us for an average of **700 hours each week**.



**92%** of patients are from Tees Valley.



**2 new Outreach Centres** in East Cleveland.



**39%** of patients discharged to their home or nursing home.



Our patients told us that they feel like they have control of their diagnosis.

## Key statistics:

**131**

IPU Patients

**143**

Children and Adults were supported through counselling

**149**

Wellbeing Patients

**2,047**

Outreach Sessions

**1,325**

Counselling Sessions

**3,693**

Lymphoedema Patient Contacts



**Sign up  
to an  
event**

**Let's  
the gift  
this Chr**



**Find your next  
hidden treasure in  
our Retail Shops**

**Become  
Regular C**



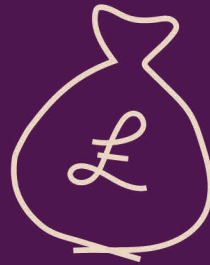
**Play our  
Lottery**

**Give  
a gift  
of love  
at  
Christmas**

**Be a  
Generous  
Giver**



**Volunteer**



**Fundraise**



**Donate your  
pre-loved  
clothes and  
furniture**



**“I often sit and wonder what he might’ve looked like, what job he would’ve done, if I’d have had grandchildren”.**



# Light up a Life



## Barbara's Story

I support the Light up a Life campaign in memory of my son Paul. We had the heartbreak of losing him when he was just 14 months old, just as he was beginning to show his personality and his cheekiness.

My husband David and I married in our early twenties and have been together nearly 60 years. For years we tried to start a family. The stress getting to me that my doctor told me to forget about it, and go on holiday, which we did and ironically, and I came back pregnant.

Paul was a canny little thing. I always carry his photo with me in my purse because his smile brought so much joy to people. We would go out to the shops, and everyone would have their head in the pram talking to him, he was that type of baby, he loved everyone. Paul would've been celebrating his 50th birthday this year and I often sit and wonder what he might've looked like, what job he would've done, if I'd have had grandchildren.

When we went to register Paul's death, I thought: 'was it something I did, was it something I didn't notice? Why my child? Why me?' I'll carry those what if's' forever.

My dad had died the year before, and the day he died, Paul then died a year to that day. In the book of remembrance in the crematorium, their names are on the same page. My dad's name is at the top of the page, and Paul's name is at the bottom. Quite bittersweet really, my dad's name looking down on my son.

A few months after Paul died, a young girl a few doors down gave birth to premature twins, and one died. I posted a card through her door just to tell her that I knew how she felt and if she needed to talk to somebody. A while after, she came over to the house and told me how much she appreciated me reaching out to her, and how it made her feel to know someone else had gone through the same thing. Losing a child is something you'll never get over and never forget. Death isn't easy, it's difficult, but you learn to walk alongside it.

We have been supporters of the hospice for many years. We have supported the Light up a life campaign since it began. From placing baubles on the Christmas trees to dedicating a star in Paul's memory to place on the Christmas trees. I am happy that my husband and I can continue to support Light up a Life while supporting a local charity who dedicates so much time and does such great work.

I was never able to buy Paul presents at Christmas, so to me, supporting Light up a Life is my way of buying him a Christmas present, while donating to a charity who need it.

**There's still time to dedicate a light to a loved one, which will be shining bright on our hospice Christmas Tree. Fill out the form at the end of your letterhead and leave a donation to be a part of this wonderful campaign and receive your invite to our exclusive Light up a Life Service.**

Teesside  
HOSPICE

Light  
up a Life

Give a little love this Christmas,  
and light up the memories of  
those we've lost.



Registered Charity No: 512875



**“Dad used to say to me ‘All the pennies make a pound’.”**

“My husband passed away in 2006, he was cared for by the hospice’s Lymphoedema Clinic. Then ten years later, in 2016, my daughter Tracy passed away in the hospice. She was only 52. She stayed there a couple of days, but she was so happy to be there. I would stay all day when i used to visit. She left me with three wonderful grandchildren who I have supported through university.

When you lose someone, the milestones in life mean more to you, especially when they’re not here to celebrate them.

I have supported the hospice for many years, even before Tracy died. I regularly give £5 a month, as well as buy raffle tickets and send a donation at Christmas. I try and do what I can because for somewhere like this, every little bit helps. My dad used to say to me ‘All the pennies make a pound’.

I don’t think people realise how wonderful it is in here. They look after everyone so well, and then when Tracy died, the nurses told me to come back

tomorrow morning, and the way they prepared her room and had her laid was lovely. The support you get is not just before, it’s after too.”

By becoming a regular giver and pledging to donate monthly, you could help more families who are experiencing death and bereavement this Christmas.

**You can become a regular giver today and help us create memories all year round.**

**Call 01642 811145 or email [fundraising@teessidehospice.co.uk](mailto:fundraising@teessidehospice.co.uk).**

## **Did you know?**

**From just £5 a month, you could help us continue to create special memories for our patients and their families this Christmas.**

# What's On

To take part in one of our events, visit [www.teessidehospice.org](http://www.teessidehospice.org) or call 01642 811145!



## Tree Shop

2nd and 3rd December,  
Smith and Friends Ingelby Barwick

Choose your perfect Christmas Tree with Teesside Hospice. Our premium-grade Nordmann Fir Fresh Cut Christmas Trees are grown within the North East! Secure yours before they sell out and collect it during our Christmas Tree Shop weekend.



## Light up a Life Service

Middlesbrough College Hazel Pearson Theatre,  
Invitation Only

Dedicate a light to a loved one and receive your exclusive invitation to the Light up a Life service to remember our loved ones this Christmas. At such a poignant time of year, come together with hundreds of people to experience the experience atmosphere of this wonderful in-memory event.



## Boxing Day Dip

Tuesday 26th December, Redcar, £10

Are you ready to make waves and conquer the North Sea? Seize the opportunity to be a part of the splash-tacular Team Teesside's Boxing Day Dip in Redcar! Don't just dip your toe – dive right in, all while dressed to impress in sensational fancy dress. Whether you're Santa, an Elf, or your own wacky creation, the zanier, the better!



## Christmas Tree-Cycle

11th, 12th and 13th January, Across Teesside

The simplest, greenest and most charitable way to dispose of your Christmas tree is to get involved in our Christmas Tree Recycling Scheme. For a donation, we'll come collect and recycle your Christmas Tree after the big day.



## Midnight Walk

Saturday 23rd March 2024,  
Redcar and Cleveland College, £15

Walk in memory of those we've loved and lost at our annual Midnight Walk along the coast of Redcar. You'll receive free flashing head boppers, a T-Shirt, a finishers medal, food and a hot drink for your outstanding 11km memory walk. Help us illuminate the memories of those we've lost.





## Durham Airfield Tandem Skydive

Sunday 28th April 2024, £70

A one-off experience for thrill seekers and a great way to raise money for Teesside Hospice. No matter your reason to jump, we'll make sure to look after you every step of the way. Join us for a skydive from 10,000 feet and free fall at 120mph before deploying your parachute and gently descending for a soft touchdown in front of friends and family. Then team at Durham Airfield will be there with you from start to finish and train you to the highest levels of safety to ensure you feel looked after from arrival to departure.



## Hadrian's Wall Trail Challenge

Friday 12th – Saturday 13th July 2024, £65

This exciting and strenuous marathon distance challenge of 26 miles will have you trekking along this stunning world-famous historic landscape. Hadrian's Wall runs across the north of the UK from coast to coast and remains one of the largest ancient monuments in Northern Europe. You will trek in the footsteps of the Roman Empire and take in some of this extraordinary structure that protected the Roman armies from the Scottish.



## Lake District 5 Peaks Challenge

Friday 9th – Saturday 10th August 2024,

Lake District National Park, £65

Take on 5 of the Lake District's toughest peaks, trek to the summit of Scafell Pike, England's highest peak, fully supported by qualified mountain leaders. A magnificent route in the heart of this UNESCO World heritage site. Walk through the rugged and dramatic landscape of the Lake District, as you venture across 12.5 miles (20km) and tackle five of England's most demanding peaks, including its highest – Scafell Pike. The group will climb to over 3,000 feet (900m), crossing crags and moorland past the Langdale Pikes towards Scafell Pike.



## Great North Run

Sunday 8th September 2024, £58

Conquer the biggest half-marathon alongside 57,000 people in the 2024 Great North Run. Experience the adrenaline of running 13.1 miles through the heart of Newcastle to South Shields. We'll be there at the finish line to welcome you back with a sports massage, food, drinks and celebrations!

# Hospice Heroes

## Tough as Steel!

Thank you to Steel Benders who raised **£1,016** by partaking in the 10k Tough Mudder in Bradford! The team have made it their mission to raise £5,000 next year by doing similar events – including the Manchester 15k Tough Mudder!

## Contemporary Community Choirs

This year, we were the Contemporary Community Choir's chosen charity. Their Great Ayton group raised an amazing **£6,050** during their concert. We can't thank them enough, and we hope to welcome some of the choir over at Christmas to sing in the Hospice!

## Pimms and Needles

The team held their very own, exclusive Fire Walk in support of Teesside Hospice. The night consisted of plenty of laughter, excitement and even some belly dancing! Over 90 women stood shoulder to shoulder to bare their soles on the coals and raised over **£10,000!**

## Claire's Warsaw Marathon in memory of Jonny, her brother

Claire Preston chose to run the gruelling Warsaw Marathon, with Teesside Hospice as her chosen charity in memory of her late brother. She raised an outstanding **£1,455** on JustGiving and had an experience of a lifetime that she'll never forget. **Thank you Claire.**

## Parkville Care Coffee Morning

Parkville Care centre raised **£71** doing a coffee morning in aid of Teesside Hospice. A huge well done to all at Parkville, especially resident Margaret Brown who continues to support Teesside Hospice in memory of one of their colleagues Sue. **Thank you to Parkville and everyone who made a donation.**

## Stokesley Support Group

Every other year, Stokesley Support Group host Stokesley Open Gardens to raise essential funds for Teesside Hospice. Gardens across Stokesley open their gates to people for entertainment, food, drinks and the beautiful gardens. This year, the team raised **£27,384.96** and raised amazing awareness for Teesside Hospice. **Thank you so much to Stokesley Support Group.**

If you'd like to fundraise for Teesside Hospice, please get in touch by calling 01642 811145.

You could be our next Hospice Hero!

Teesside  
HOSPICE

f X Instagram LinkedIn #TeessideHospice

Designed by Jak HQ

If you would like to raise money for us, and would like to know more, visit [www.teessidehospice.org](http://www.teessidehospice.org) or call 01642 811145.

Teesside Hospice  
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TS5 5NW

Registered with  
FUNDRAISING  
REGULATOR

Registered charity No: 512875

